



nutritionDay  
WORLDWIDE

Country Report  
nutritionDay 2021  
Estonia

Dear participant,

Thank you for participating to nutritionDay worldwide in 2021. Your country report consists of the following sample size:

<b>Number of participated center:</b>	<b>2</b>
<b>Number of participated units:</b>	<b>10</b>
<b>Number of patients:</b>	<b>170</b>
<b>Number of patients who gave consent:</b>	<b>130</b>
<b>Number of patients completing Sheet 3a:</b>	<b>130</b>
<b>Number of patients completing Sheet 3b:</b>	<b>130</b>
<b>Number of cancer patients:</b>	<b>45</b>
<b>Number of patients completing Sheet 2_onco:</b>	<b>40</b>
<b>Number of patients completing Sheet 3_onco:</b>	<b>40</b>
<b>Number of patients with 30-day outcome assessment:</b>	<b>108</b>

This report compares your country to the international reference database based on data from nutritionDay 2017-2019.

The report consists of 6 parts:

Part I reflects capacity and staffing of your hospital.

Part II reflects the organisation and the structure of the units.

Part III describes patient's demographics, the clinical information and the outcome.

Part IV is the summary of information on patient's nutrition, history and health status.

Part V is the oncology Report.

Part VI COVID-19

**Participate again to next year's nutritionDay in November 2022! Repeated participation allows benchmarking and monitoring the nutrition care in your country. For more information visit [www.nutritionDay.org](http://www.nutritionDay.org) or contact us at [office@nutritionDay.org](mailto:office@nutritionDay.org)!**

Best regards from the nutritionDay-Team!

Prof. Dr. Michael Hiesmayr

## I. Hospital capacity and staffing ("Hospital sheet")

	YOUR RESULTS	REFERENCE RESULTS
<b>1. Total number of beds in hospital</b>	914 [788-1040]	375 [213-715]
<b>2. Total number of admissions in the hospital last year</b>	35603 [34018-37189]	18870 [9512-38961]
<b>3. Total number of staff in the hospital</b>		
Total medical doctors	711 [685-737]	186 [90-417]
Medical specialists	387 [266-509]	124 [54-273]
Medical non-specialists	29 [29-29]	45 [19-116]
Nurses	1646 [1599-1692]	440 [208-910]
Dieticians	1 [1-1]	5 [1-10]
Nutritionists	2 [2-3]	1 [0-5]
Pharmacists	8 [8-8]	8 [4-24]
Kitchen staff	84 [81-87]	32 [15-62]
<b>Full time equivalent</b>		
Total medical doctors	605 [605-605]	175 [76-394]
Medical specialists	117 [117-117]	121 [50-274]
Medical non-specialists	-	45 [18-138]
Nurses	1512 [1512-1512]	380 [198-793]
Dieticians	1 [1-1]	5 [2-8]
Nutritionists	0 [0-0]	1 [0-3]
Pharmacists	7 [7-7]	7 [4-20]
Kitchen staff	89 [89-89]	30 [14-57]
<b>4. Does the hospital have a nutrition care strategy?</b>	-	439 (80.8%) Yes
<b>5. Which nutrition-related standards or routine activities exist in your hospital?</b>		
Nutrition training is available	2 (100%) Yes	391 (72.0%) Yes
Nutrition steering committee is available	2 (100%) Yes	328 (60.4%) Yes
Quality indicators are recorded and reported to national or regional level	-	229 (42.2%) Yes
Quality indicators are used for internal benchmarking	-	299 (55.1%) Yes
Patient feedback about food and food service is collected using a questionnaire	1 (50.0%) Yes	415 (76.4%) Yes
None	-	32 (5.9%) Yes
No answer given	-	-
<b>6. Which codes are available /routinely used in your hospital for billing and reimbursement purposes?</b>		
<b>Codes available</b>		
Nutrition Support	-	296 (54.5%) Yes

Oral nutrition supplements	-	219 (40.3%) Yes
Parenteral nutrition	1 (50.0%) Yes	349 (64.3%) Yes
Enteral nutrition	2 (100%) Yes	327 (60.2%) Yes
Dietary counseling	-	232 (42.7%) Yes
Specific dietary interventions	-	178 (32.8%) Yes
Screening for malnutrition	-	195 (35.9%) Yes
Risk of malnutrition	-	160 (29.5%) Yes
Malnutrition (in general)	-	262 (48.3%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	-	251 (46.2%) Yes
No information available from billing/finance/controlling	-	104 (19.2%) Yes
No answer given	-	-

### Codes routinely used

Nutrition Support	1 (50.0%) Yes	264 (48.6%) Yes
Oral nutrition supplements	-	200 (36.8%) Yes
Parenteral nutrition	1 (50.0%) Yes	326 (60.0%) Yes
Enteral nutrition	2 (100%) Yes	310 (57.1%) Yes
Dietary counseling	-	208 (38.3%) Yes
Specific dietary interventions	-	160 (29.5%) Yes
Screening for malnutrition	-	162 (29.8%) Yes
Risk of malnutrition	-	138 (25.4%) Yes
Malnutrition (in general)	-	238 (43.8%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	-	218 (40.1%) Yes
No information available from billing/finance/controlling	-	115 (21.2%) Yes
No answer given	-	-

## II. Unit organisation and structures (“Sheet 1a/1b”)

	YOUR RESULTS	REFERENCE RESULTS
Internal Medicine / General	1 (10.0%)	20.5%
Internal Medicine / Cardiology	-	4.3%
Internal Medicine / Gastroenterology & hepatology	1 (10.0%)	7.6%
Internal Medicine / Geriatrics	-	9.5%
Internal Medicine / Infectious diseases	-	0.5%
Internal Medicine / Nephrology	-	1.3%
Internal Medicine / Oncology (incl. radiotherapy)	2 (20.0%)	8.0%
Interdisciplinary	1 (10.0%)	2.9%
Long term care	-	2.6%
Neurology	1 (10.0%)	4.0%
Surgery / General	3 (30.0%)	14.5%
Surgery/ Cardiac/Vascular/Thoracic	-	1.8%
Surgery / Neurosurgery	-	0.7%
Surgery / Orthopedic	-	3.5%
Trauma	-	0.6%
Ear Nose Throat (ENT)	1 (10.0%)	1.4%
Gynecology / Obstetrics	-	1.6%
Pediatrics	-	0.4%
Psychiatry	-	1.0%
Others	-	13.2%
<b>2. Number of registered inpatients at noon</b>	19 [18-22]	24 [18-31]
<b>3. Total bed capacity of the unit</b>	27 [22-38]	29 [24-38]
<b>4. Number of each type of staff in the unit for TODAY's morning shift</b>		
<b>Fully trained</b>		
Medical doctors	5 [4-7]	3 [2-7]
Nurses	3 [2-4]	4 [3-7]
Nursing aides	1 [1-2]	2 [1-3]
Dieticians	0 [0-0]	1 [0-1]
Nutritionists	0 [0-0]	0 [0-1]
Administrative staff	1 [1-2]	1 [0-1]
Other staff involved in patient care	3 [2-4]	1 [0-3]
<b>In training</b>		
Medical doctors	2 [1-3]	1 [0-3]
Medical students	2 [1-2]	0 [0-2]
Nurses	1 [1-1]	1 [0-2]

Nursing aides	1 [1-1]	0 [0-1]
Dieticians	0 [0-0]	0 [0-0]
Nutritionists	0 [0-0]	0 [0-0]
Other staff involved in patient care	-	0 [0-0]

**5. Is there a nutrition support team in your hospital available?** 7 (77.8%) Yes 936 (81.4%) Yes

**6. Does the unit have a nutrition care strategy?** 3 (33.3%) Yes 890 (77.4%) Yes

**7. Is there a person in your unit responsible for nutrition care?** 3 (33.3%) Yes 831 (72.3%) Yes

**8. Is there a dietician, nutritionist or dietetic assistant available for your unit?** 3 (30.0%) Yes 1155 (90.1%) Yes

**9. Is specific staff responsible for providing feeding assistance to patients during meal times?** 7 (77.8%) Yes 662 (57.6%) Yes

**10. How do you MAINLY screen/monitor patients for malnutrition?**

**At admission**

No routine screening	2 (20.0%) Yes	101 (7.5%) Yes
No fixed criteria	1 (10.0%) Yes	13 (0.97%) Yes
Experience / visual assessment only	3 (30.0%) Yes	85 (6.3%) Yes
Weighing / BMI only	4 (40.0%) Yes	193 (14.3%) Yes
Nutritional Risk Screening (NRS) 2002	-	455 (33.8%) Yes
Malnutrition Universal Screening Tool (MUST)	-	86 (6.4%) Yes
Malnutrition Screening tool (MST)	-	94 (7.0%) Yes
SNAQ	-	27 (2.0%) Yes
Other formal tool	-	218 (16.2%) Yes
I do not know	-	10 (0.74%) Yes
Missing	-	64 (4.8%)

**During hospital stay**

No routine monitoring	1 (10.0%) Yes	120 (8.9%) Yes
No fixed criteria	-	101 (7.5%) Yes
Experience / visual assessment only	4 (40.0%) Yes	212 (15.8%) Yes
Weighing / BMI only	5 (50.0%) Yes	438 (32.5%) Yes
Other formal tool	-	378 (28.1%) Yes
I do not know	-	33 (2.5%) Yes
Missing	-	64 (4.8%)

**11a. Do you routinely use guidelines or standards for nutrition care?** 6 (66.7%) Yes 954 (85.2%) Yes

**11b. If yes, which one is mainly used?**

International guidelines	3 (50.0%)	Yes	266 (27.9%)	Yes
National guidelines	-		148 (15.5%)	Yes
Standards on hospital level	1 (16.7%)	Yes	355 (37.2%)	Yes
Standards on unit level	-		58 (6.1%)	Yes
Individual patient nutrition care plans	2 (33.3%)	Yes	111 (11.6%)	Yes
Other	-		8 (0.84%)	Yes
Missing	-		8 (0.84%)	

**12. What is routinely done in your unit for given patient groups?****At risk**

Watchful waiting	4 (40.0%)	Yes	355 (26.4%)	Yes
Discuss nutrition care activities during ward rounds	2 (20.0%)	Yes	572 (42.5%)	Yes
Develop an individual nutrition care plan	3 (30.0%)	Yes	675 (50.1%)	Yes
Initiate treatment / nutrition intervention	3 (30.0%)	Yes	739 (54.9%)	Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	5 (50.0%)	Yes	739 (54.9%)	Yes
Consult a medical professional	4 (40.0%)	Yes	472 (35.1%)	Yes
Calculate energy requirements	3 (30.0%)	Yes	593 (44.1%)	Yes
Calculate protein requirements	1 (10.0%)	Yes	574 (42.6%)	Yes

**Malnourished**

Watchful waiting	2 (20.0%)	Yes	252 (18.7%)	Yes
Discuss nutrition care activities during ward rounds	6 (60.0%)	Yes	614 (45.6%)	Yes
Develop an individual nutrition care plan	6 (60.0%)	Yes	739 (54.9%)	Yes
Initiate treatment / nutrition intervention	8 (80.0%)	Yes	797 (59.2%)	Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	9 (90.0%)	Yes	729 (54.2%)	Yes
Consult a medical professional	6 (60.0%)	Yes	540 (40.1%)	Yes
Calculate energy requirements	8 (80.0%)	Yes	686 (51.0%)	Yes
Calculate protein requirements	6 (60.0%)	Yes	670 (49.8%)	Yes

**Every patient**

Watchful waiting	3 (30.0%)	Yes	668 (49.6%)	Yes
Discuss nutrition care activities during ward rounds	1 (10.0%)	Yes	331 (24.6%)	Yes
Develop an individual nutrition care plan	-		220 (16.3%)	Yes
Initiate treatment / nutrition intervention	-		173 (12.9%)	Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	-		256 (19.0%)	Yes
Consult a medical professional	1 (10.0%)	Yes	267 (19.8%)	Yes
Calculate energy requirements	-		166 (12.3%)	Yes
Calculate protein requirements	-		148 (11.0%)	Yes

**Never**

Watchful waiting	1 (10.0%)	Yes	95 (7.1%)	Yes
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Discuss nutrition care activities during ward rounds	2 (20.0%) Yes	58 (4.3%) Yes
Develop an individual nutrition care plan	3 (30.0%) Yes	40 (3.0%) Yes
Initiate treatment / nutrition intervention	1 (10.0%) Yes	22 (1.6%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	-	20 (1.5%) Yes
Consult a medical professional	-	124 (9.2%) Yes
Calculate energy requirements	-	120 (8.9%) Yes
Calculate protein requirements	2 (20.0%) Yes	139 (10.3%) Yes

### I do not know

Watchful waiting	-	70 (5.2%) Yes
Discuss nutrition care activities during ward rounds	-	49 (3.6%) Yes
Develop an individual nutrition care plan	-	43 (3.2%) Yes
Initiate treatment / nutrition intervention	-	37 (2.7%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	-	39 (2.9%) Yes
Consult a medical professional	1 (10.0%) Yes	96 (7.1%) Yes
Calculate energy requirements	1 (10.0%) Yes	68 (5.1%) Yes
Calculate protein requirements	1 (10.0%) Yes	75 (5.6%) Yes

### 13. When do you routinely weigh your patients?

at admission	9 (90.0%) Yes	878 (65.2%) Yes
Within 24 hours	1 (10.0%) Yes	203 (15.1%) Yes
Within 48 hours	-	74 (5.5%) Yes
Within 72 hours	-	32 (2.4%) Yes
Every week	3 (30.0%) Yes	631 (46.9%) Yes
Occasionally	1 (10.0%) Yes	153 (11.4%) Yes
When requested	6 (60.0%) Yes	707 (52.5%) Yes
At discharge	1 (10.0%) Yes	65 (4.8%) Yes
Never	-	12 (0.89%) Yes
I do not know	-	8 (0.59%) Yes
No answer given	-	64 (4.8%)

### 14. What do you do to support adequate food intake of patients?

Offer additional meals or in between snacks	10 (100%) Yes	1043 (77.5%) Yes
Offer meal choices	6 (60.0%) Yes	989 (73.5%) Yes
Offer different portion sizes	1 (10.0%) Yes	900 (66.9%) Yes
Consider food presentation	-	460 (34.2%) Yes
Change food texture/consistency as needed	9 (90.0%) Yes	1106 (82.2%) Yes
Consider patient problems with eating and drinking	9 (90.0%) Yes	1111 (82.5%) Yes
Ensure that mealtimes are undisturbed/protected mealtime policy	4 (40.0%) Yes	399 (29.6%) Yes
Promote positive eating environment	1 (10.0%) Yes	493 (36.6%) Yes
Consider cultural/religious preferences	3 (30.0%) Yes	999 (74.2%) Yes
Consider patient allergies / intolerances	9 (90.0%) Yes	1163 (86.4%) Yes
Other	-	101 (7.5%) Yes

I do not know	-	23 (1.7%) Yes
No answer given	-	64 (4.8%)

### 15. Which nutrition-related standards or routine activities exist in your unit?

Nutrition training is available	7 (70.0%) Yes	772 (57.4%) Yes
Reporting of nutrition related information to hospital managers	-	544 (40.4%) Yes
Quality indicators are recorded and reported to national or regional level	-	422 (31.4%) Yes
Quality indicators are used for internal benchmarking	1 (10.0%) Yes	494 (36.7%) Yes
Patient feedback about food and food service is collected using a questionnaire	3 (30.0%) Yes	805 (59.8%) Yes
None	1 (10.0%) Yes	38 (2.8%) Yes
I do not know	-	59 (4.4%) Yes
No answer given	1 (10.0%)	196 (14.6%)

### 16. At admission what is asked and documented?

Change in weight	7 (70.0%) Yes	985 (73.2%) Yes
Eating habits/difficulties	8 (80.0%) Yes	932 (69.2%) Yes
Nutrition before admission	4 (40.0%) Yes	746 (55.4%) Yes
None	-	20 (1.5%) Yes
I do not know	-	39 (2.9%) Yes
No answer given	1 (10.0%)	196 (14.6%)

### 17. On what forms is there a specific part about eating, nutrition or malnutrition?

#### a. Patient Record has a section for ...

indicating if the patient is malnourished or at risk of malnutrition	1 (10.0%) Yes	965 (71.7%) Yes
nutrition treatment	4 (40.0%) Yes	759 (56.4%) Yes
None	3 (30.0%) Yes	53 (3.9%) Yes
I do not know	1 (10.0%) Yes	40 (3.0%) Yes

#### b. Discharge Letter ...

summarizes nutrition treatment received during stay	5 (50.0%) Yes	573 (42.6%) Yes
makes future nutrition-related recommendations	7 (70.0%) Yes	775 (57.6%) Yes
None	-	112 (8.3%) Yes
I do not know	-	136 (10.1%) Yes

<b>18. Do you provide brochures about malnutrition to at risk/malnourished patients?</b>	2 (22.2%) Yes	475 (44.9%) Yes
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### 19. Who filled in this sheet?

Head staff	1 (10.0%) Yes	369 (27.4%) Yes
Dietician	1 (10.0%) Yes	641 (47.6%) Yes
Nurse	3 (30.0%) Yes	339 (25.2%) Yes



Physician	5 (50.0%) Yes	140 (10.4%) Yes
Administrative staff	3 (30.0%) Yes	22 (1.6%) Yes
Other	-	87 (6.5%) Yes
None	-	-
I do not know	-	16 (1.2%) Yes

### III. Patient demographics, medical information & Outcome (“Sheet 2a/2b”)

	YOUR RESULTS	REFERENCE RESULTS
Total	130	24938
Age	69 [60-76]	67 [52-79]
Female	56 (43.1%)	12350 (49.5%)
Weight	79.3±19.9	70.6±18.8
Height	171±10	166±10
BMI	27.0±6.2	25.6±5.9

#### 1. This hospital admission was...

planned	80 (61.5%)	8897 (35.7%)
an emergency	49 (37.7%)	14095 (56.5%)
I do not know	1 (0.77%)	1946 (7.8%)
No answer given	-	-

#### 2a. Diagnosis at admission

0100 Infectious and parasitic diseases	13 (10.0%)	2401 (9.6%)
0200 Neoplasms	56 (43.1%)	4540 (18.2%)
0300 Blood and bloodforming organs and the immune mechanism	7 (5.4%)	1745 (7.0%)
0400 Endocrine, nutritional and metabolic diseases	22 (16.9%)	3135 (12.6%)
0500 Mental health	4 (3.1%)	1229 (4.9%)
0600 Nervous system	25 (19.2%)	2384 (9.6%)
0700 Eye and adnexa	1 (0.77%)	314 (1.3%)
0800 Ear and mastoid process	1 (0.77%)	143 (0.57%)
0900 Circulatory system	38 (29.2%)	5456 (21.9%)
1000 Respiratory system	22 (16.9%)	3828 (15.4%)
1100 Digestive system	37 (28.5%)	6160 (24.7%)
1200 Skin and subcutaneous tissue	6 (4.6%)	1185 (4.8%)
1300 Musculoskeletal system and connective tissue	12 (9.2%)	4086 (16.4%)
1400 Genitourinary system	12 (9.2%)	2781 (11.2%)
1500 Pregnancy, childbirth and the puerperium	-	294 (1.2%)
1600 Conditions originating in the perinatal period	-	55 (0.22%)
1700 Congenital/chromosomal abnormalities	-	57 (0.23%)
1800 Symptoms, signs, abnormal clinical/lab findings	2 (1.5%)	1374 (5.5%)
1900 Injury, poisoning	1 (0.77%)	699 (2.8%)
2000 External causes of morbidity and mortality (e.g. transport accidents, assaults)	-	760 (3.0%)
2100 Factors influencing health status and contact with health services	3 (2.3%)	967 (3.9%)
No answer given	-	-

#### 3. Which conditions/comorbidities does this patient have?

Cardiac insufficiency	34 (29.8%)	4815 (20.0%)
Myocardial infarction	10 (8.7%)	1295 (5.4%)
Chronic lung disease	12 (10.3%)	3095 (12.9%)
Cerebral vascular disease	15 (13.2%)	2104 (8.8%)
Peripheral vascular disease	7 (6.2%)	2576 (10.7%)
Chronic liver disease	7 (6.1%)	1387 (5.8%)
Chronic kidney disease	11 (9.6%)	2780 (11.6%)
Diabetes	17 (14.8%)	5493 (22.8%)
Cancer	45 (35.7%)	5291 (22.0%)
Infection	37 (32.2%)	3401 (14.2%)
Dementia	4 (3.5%)	1201 (5.0%)
Major depressive disorder	9 (8.0%)	1146 (4.8%)
Other chronic mental disorder	5 (4.4%)	1129 (4.7%)
Other chronic disease	26 (22.8%)	6182 (25.7%)
None	14 (10.8%)	4918 (19.7%)

#### 4a. Previous operation during this hospital stay

Yes, planned	26 (20.0%)	4588 (18.4%)
Yes, acute	5 (3.8%)	1540 (6.2%)
No	89 (68.5%)	15619 (62.6%)
I do not know	-	235 (0.94%)
Missing	10 (7.7%)	2956 (11.9%)

Days since operation	6 [2-9]	4 [1-13]
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#### 4b. Planned operation during this hospital stay

Yes, today or tomorrow	6 (4.6%)	1928 (7.7%)
Yes, later	6 (4.6%)	1364 (5.5%)
No	102 (78.5%)	17466 (70.0%)
I do not know	-	777 (3.1%)
Missing	16 (12.3%)	3403 (13.6%)

#### 5. Previous ICU admission during this hospital stay? (Yes)

15 (12.3%)	2367 (10.6%)
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#### 6. Is this patient terminally ill?

6 (4.6%)	1518 (6.1%)
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#### 7. Fluid status

Normal	107 (82.3%)	19053 (76.4%)
Overloaded	7 (5.4%)	1296 (5.2%)
Dehydrated	10 (7.7%)	1231 (4.9%)
I do not know	6 (4.6%)	3358 (13.5%)
Missing	-	-

## 8. Number of different medications planned

Oral	4 [2-6]	5 [2-8]
Other	2 [1-4]	2 [1-4]

## 9. Was this patient identified as malnourished or at risk of malnutrition?

Malnourished	6 (4.6%)	3162 (12.7%)
At risk	14 (10.8%)	4616 (18.5%)
No	105 (80.8%)	15318 (61.4%)
I do not know	5 (3.8%)	1842 (7.4%)
Missing	-	-

## 10. IV Fluids

Electrolyte solution (NaCl, Ringers lactate, etc)	24 (18.5%)	8176 (32.8%)
5% Glucose solution	1 (0.77%)	2128 (8.5%)

## 11. Number of ONS drinks planned

0 [0-0] 0 [0-0]

## 12. Nutrition intake

Regular hospital food	72 (55.4%)	15131 (60.7%)
Fortified/enriched hospital food	14 (10.8%)	3290 (13.2%)
Protein/energy supplement (e.g. ONS drinks)	9 (6.9%)	4070 (16.3%)
Enteral nutrition	14 (10.8%)	1106 (4.4%)
Parenteral nutrition	1 (0.77%)	1022 (4.1%)
Special diet	31 (23.8%)	7501 (30.1%)
None	2 (1.5%)	982 (3.9%)

## 13a. All lines and Tubes

Central Venous	5 (4.1%)	2136 (9.6%)
Peripheral venous access	66 (54.1%)	11129 (49.9%)
Nasogastric	5 (4.1%)	528 (2.4%)
Nasojejunal	-	115 (0.52%)
Nasoduodenal	-	82 (0.37%)
Enterostoma	-	100 (0.45%)
Percutaneous endoscopy/surgical gastrostomy	12 (9.8%)	216 (0.97%)
Percutaneous endoscopy/surgical jejunostomy	1 (0.82%)	91 (0.41%)
None	55 (42.3%)	11685 (46.9%)

## 13b. Were there complications with nutrition related lines and tubes since admission?

Yes, previously	7 (5.4%)	352 (1.4%)
Yes, ongoing	1 (0.77%)	210 (0.84%)
No	105 (80.8%)	18650 (74.8%)
I do not know	2 (1.5%)	2030 (8.1%)
Missing	15 (11.5%)	3696 (14.8%)

<b>14. Please indicate if any of the following was done for this patient since admission</b>		
Energy requirements were determined	18 (14.8%)	8591 (38.5%)
Protein requirements were determined	23 (18.9%)	7723 (34.6%)
Food/Nutrition intake was recorded in the patient record	23 (18.9%)	9521 (42.7%)
Nutrition treatment plan was developed	12 (9.8%)	8177 (36.6%)
Nutrition expert was consulted	12 (9.8%)	8667 (38.8%)
Malnutrition status is recorded in the patient record	6 (4.9%)	7448 (33.4%)
None	-	-

#### 15a. Energy goal

< 500 kcal	10 (7.7%)	783 (3.1%)
500-999 kcal	-	194 (0.78%)
1000-1499 kcal	6 (4.6%)	1956 (7.8%)
1500-1999 kcal	4 (3.1%)	7632 (30.6%)
>=2000 kcal	32 (24.6%)	2380 (9.5%)
Not determined	52 (40.0%)	7419 (29.7%)
I do not know	18 (13.8%)	1959 (7.9%)
Missing	8 (6.2%)	2615 (10.5%)

#### 15b. Energy intake

< 500 kcal	10 (7.7%)	1316 (5.3%)
500-999 kcal	1 (0.77%)	938 (3.8%)
1000-1499 kcal	9 (6.9%)	2996 (12.0%)
1500-1999 kcal	4 (3.1%)	5568 (22.3%)
>=2000 kcal	52 (40.0%)	1218 (4.9%)
Not determined	29 (22.3%)	7394 (29.6%)
I do not know	17 (13.1%)	2893 (11.6%)
Missing	8 (6.2%)	2615 (10.5%)

#### 16. Since admission, this patient's health status has...

Improved	53 (40.8%)	11443 (45.9%)
Deteriorated	8 (6.2%)	1219 (4.9%)
Remained the same	52 (40.0%)	6079 (24.4%)
This patient has just been admitted	5 (3.8%)	1466 (5.9%)
I do not know	4 (3.1%)	2116 (8.5%)
Missing	8 (6.2%)	2615 (10.5%)

Length of hospital stay (days)	13 [8-26]	12 [6-23]
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#### Outcome Code

1= Still in the hospital	14 (10.8%)	2515 (10.1%)
2= Transferred to another hospital	10 (7.7%)	534 (2.1%)
3= Transferred to long term care	5 (3.8%)	1049 (4.2%)

4= Rehabilitation	1 (0.77%)	871 (3.5%)
5= Discharged home	76 (58.5%)	18594 (74.6%)
6= Death	2 (1.5%)	785 (3.1%)
7= Others	-	410 (1.6%)
Missing	22 (16.9%)	180 (0.72%)

#### Readmitted since nutritionDay

1= No	78 (83.0%)	16760 (76.8%)
2= Yes, same hospital planned	9 (9.6%)	1458 (6.7%)
3= Yes, same hospital unplanned	4 (4.3%)	1363 (6.2%)
4= Yes, different hospital planned	-	114 (0.52%)
5= Yes, different hospital unplanned	-	114 (0.52%)
6= Unknown	1 (1.1%)	481 (2.2%)
Missing	1 (1.1%)	1471 (6.7%)

#### IV. Patient's perspective: Medical history, nutrition status & intake today ("Sheet 3a/3b")

YOUR RESULTS REFERENCE RESULTS

	YOUR RESULTS	REFERENCE RESULTS
<b>1. What are your typical dietary habits?</b>		
No special dietary habits	105 (80.8%)	15402 (63.5%)
I am vegetarian	-	445 (1.8%)
I adhere to a vegan diet	-	160 (0.66%)
I eat gluten-free diet	-	204 (0.84%)
I avoid added sugars	11 (8.5%)	3626 (14.9%)
I avoid carbohydrates	4 (3.1%)	1383 (5.7%)
I eat a low fat-diet	6 (4.6%)	2463 (10.2%)
I am lactose intolerant	4 (3.1%)	809 (3.3%)
Other special diet due to intolerances/allergies	1 (0.77%)	416 (1.7%)
Other	10 (7.7%)	1608 (6.6%)
No answer given	10 (7.7%)	2801 (11.5%)
<b>2. Where did you live before your current hospital admission?</b>		
At home	117 (90.0%)	19123 (78.8%)
In a nursing home or other live-in facility	-	762 (3.1%)
I was transferred from another hospital	4 (3.1%)	1370 (5.6%)
Other	-	330 (1.4%)
Missing	9 (6.9%)	2674 (11.0%)
<b>3. In general, are you able to walk?</b>		
Yes	87 (66.9%)	13831 (57.0%)
Yes, with someone's help	6 (4.6%)	2252 (9.3%)
Yes, independently using a cane, walker, or crutches	18 (13.8%)	3228 (13.3%)
No, I have a wheelchair	3 (2.3%)	852 (3.5%)
No, I am bedridden	6 (4.6%)	1317 (5.4%)
Missing	10 (7.7%)	2779 (11.5%)
<b>4. In general, how would you say your health is?</b>		
Very good	1 (0.77%)	1712 (7.1%)
Good	34 (26.2%)	7821 (32.2%)
Fair	53 (40.8%)	8148 (33.6%)
Poor	32 (24.6%)	3099 (12.8%)
Very poor	1 (0.77%)	710 (2.9%)
Missing	9 (6.9%)	2769 (11.4%)
<b>5. Over the last 12 months prior to your current hospital admission approximately...</b>		
... how many times have you seen a doctor?	3 [2-5]	5 [2-10]
... how many times have you been admitted to the hospital (Emergency room, any ward)?	1 [0-3]	1 [0-2]

... how many nights in total have you spent in hospital?	8 [2-17]	6 [0-16]
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### 6. How many different medications do you take routinely each day (prior to hospitalisation)?

1-2	38 (29.2%)	4416 (18.2%)
3-5	39 (30.0%)	5773 (23.8%)
More than 5	21 (16.2%)	6835 (28.2%)
None	23 (17.7%)	3630 (15.0%)
I do not know	1 (0.77%)	820 (3.4%)
Missing	8 (6.2%)	2785 (11.5%)

### 7. Do you have health insurance?

Yes, private insurance only	3 (2.3%)	3823 (15.8%)
Yes, public insurance only	106 (81.5%)	11203 (46.2%)
Yes, both	3 (2.3%)	2662 (11.0%)
None	9 (6.9%)	2485 (10.2%)
I prefer not to answer	-	986 (4.1%)
Missing	9 (6.9%)	3100 (12.8%)

### 8. What was your weight 5 years ago?

I do not know	80 [66-95]	72 [62-85]
	38 (29.2%)	5440 (22.4%)

### 9a. Have you lost weight within the last 3 months?

Yes, intentionally	10 (7.7%)	2202 (9.1%)
Yes, unintentionally	54 (41.5%)	9411 (38.8%)
No, my weight stayed the same	35 (26.9%)	7247 (29.9%)
No, I gained weight	14 (10.8%)	2760 (11.4%)
I do not know	13 (10.0%)	2195 (9.0%)
Missing	4 (3.1%)	444 (1.8%)

### 9b. If yes, how many kg did you lose?

I do not know	7 [4-10]	6 [4-10]
	8 (12.5%)	1851 (15.9%)

### 10. Did you know about your hospitalisation two days before admission? (Yes)

	57 (50.4%)	8227 (39.7%)
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### 11. Please indicate if you ...

... were weighed at admission	66 (54.5%)	12540 (58.3%)
... were informed about your nutrition status	37 (31.9%)	7803 (36.5%)
... were informed about nutrition care options	26 (23.0%)	7174 (33.6%)
... received special nutrition care	28 (24.1%)	6955 (32.7%)

### 12. How well have you eaten in the week before you were admitted to the hospital?

More than normal	6 (4.6%)	1099 (4.5%)
Normal	85 (65.4%)	14509 (60.0%)



About 3/4 of normal	9 (6.9%)	2651 (11.0%)
About half of normal	14 (10.8%)	3062 (12.7%)
About a quarter to nearly nothing	14 (10.8%)	2263 (9.4%)
I do not know	-	231 (0.96%)
Missing	2 (1.5%)	362 (1.5%)

### 13. In general, how satisfied are you with the food at the hospital?

Very satisfied	53 (40.8%)	5394 (22.3%)
Somewhat satisfied	26 (20.0%)	7204 (29.8%)
Neutral	23 (17.7%)	4214 (17.4%)
Dissatisfied	6 (4.6%)	1854 (7.7%)
Very dissatisfied	1 (0.77%)	673 (2.8%)
I do not know	12 (9.2%)	1694 (7.0%)
Missing	9 (6.9%)	3144 (13.0%)

### 14. Did you get any help with eating TODAY?

Yes, from family or friends	1 (0.77%)	2177 (9.0%)
Yes, from hospital staff	10 (7.7%)	1475 (6.1%)
No	108 (83.1%)	16830 (69.6%)
I do not know	-	282 (1.2%)
Missing	11 (8.5%)	3413 (14.1%)

<b>15. Were you able to eat without interruption TODAY? (Yes)</b>	97 (81.5%)	15256 (74.7%)
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### 16a. Please indicate how much hospital food you ate for lunch or dinner TODAY:

About all	69 (53.1%)	11133 (46.0%)
1/2	36 (27.7%)	6143 (25.4%)
1/4	13 (10.0%)	3103 (12.8%)
Nothing	10 (7.7%)	2802 (11.6%)
Missing	2 (1.5%)	996 (4.1%)

### 16b. The portion size of the meal I ordered TODAY was...

Standard	69 (53.1%)	13732 (56.8%)
Smaller	3 (2.3%)	2093 (8.7%)
Larger	20 (15.4%)	1046 (4.3%)
I do not know	13 (10.0%)	2302 (9.5%)
Missing	25 (19.2%)	5004 (20.7%)

### 17. If you did not eat everything of your meal, please tell us why:

I did not like the type of food offered	4 (6.8%)	1945 (16.1%)
I did not like the smell/taste of the food	6 (10.2%)	1480 (12.3%)
The food did not fit my cultural/religious preferences	-	127 (1.1%)
The food was too hot	-	54 (0.45%)

The food was too cold	-	281 (2.3%)
Due to food allergy/intolerance	2 (3.4%)	105 (0.87%)
I was not hungry at that time	15 (25.4%)	1991 (16.5%)
I do not have my usual appetite	13 (22.0%)	3586 (29.8%)
I have problems chewing/swallowing	8 (13.6%)	716 (5.9%)
I normally eat less than what was served	14 (23.7%)	1383 (11.5%)
I had nausea/vomiting	3 (5.1%)	984 (8.2%)
I was too tired	3 (5.1%)	740 (6.1%)
I cannot eat without help	1 (1.7%)	191 (1.6%)
I was not allowed to eat	5 (8.5%)	1088 (9.0%)
I had an exam, surgery, or test and missed my meal	2 (3.4%)	733 (6.1%)
I did not get requested food	-	124 (1.0%)
No answer given	2 (3.4%)	1823 (15.1%)

### 18. Enter the number of glasses/cups of the drinks you consumed in the last 24 hours

Water	5 [3-6]	3 [2-6]
Tea	1 [1-2]	1 [0-3]
Coffee	1 [1-2]	1 [1-2]
Milk	1 [0-1]	1 [0-1]
Fruit juice	2 [1-2]	1 [0-2]
Soft drinks	1 [0-1]	0 [0-1]
Nutrition drink	1 [0-1]	0 [0-1]
Other	1 [0-2]	0 [0-1]

**19a. Did you eat any food apart from hospital food TODAY? (Yes)** 27 (22.3%) 5831 (29.2%)

### 19b. If yes, what did you eat?

Sweet snacks	9 (33.3%)	1820 (31.2%)
Salty snacks	3 (11.1%)	645 (11.1%)
Homemade food	3 (11.1%)	896 (15.4%)
Fruits	9 (33.3%)	2357 (40.4%)
Dairy products	5 (18.5%)	686 (11.8%)
Food delivered/restaurant	-	272 (4.7%)
Sandwich	4 (14.8%)	347 (6.0%)
Other	5 (18.5%)	795 (13.6%)

### 20. How has your food intake changed since your hospital admission?

Increased	23 (17.7%)	3329 (13.8%)
Decreased	25 (19.2%)	6808 (28.2%)
Stayed the same	53 (40.8%)	9055 (37.5%)
I do not know	17 (13.1%)	1479 (6.1%)
Missing	12 (9.2%)	3506 (14.5%)

## 21. TODAY I feel...

Stronger than at admission	53 (40.8%)	10558 (43.7%)
Weaker than at admission	23 (17.7%)	4610 (19.1%)
Same as at admission	37 (28.5%)	6833 (28.3%)
I was admitted today	4 (3.1%)	576 (2.4%)
I do not know	9 (6.9%)	1178 (4.9%)
Missing	4 (3.1%)	422 (1.7%)

## 22. Can you walk without assistance TODAY?

Yes	89 (68.5%)	14229 (58.9%)
No, only with assistance	21 (16.2%)	5989 (24.8%)
No, I stay in bed	16 (12.3%)	2912 (12.0%)
Missing	4 (3.1%)	1047 (4.3%)

<b>23. Did anyone help you complete this questionnaire? (Yes)</b>	<b>56 (46.7%)</b>	<b>13801 (65.2%)</b>
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## V. Oncology: Unit organisation and structures ("Sheet 1 onco")

	YOUR RESULTS	REFERENCE RESULTS
Number of units with cancer patients:	3	291
Computerized system in hospital:	3 units (100%) YES	265 units (91%) YES
Nutritional treatment of cancer patients is part of overall care plan	2 units (67%) YES	268 units (92%) YES
<b>Nutritional treatment is considered...</b>		
Routinely	-	187 (64,3%)
When patient asks	2 (66,7%)	81 (27,8%)
When body weight loss > 10%	2 (66,7%)	98 (33,7%)
During palliative phase	1 (33,3%)	74 (25,4%)
Other	-	26 (8,93%)
Missing	1 (33,3%)	18 (6,19%)
<b>Nutritional treatment is not part of the comprehensive approach due to</b>		
Lack of evidence	-	8 (2,75%)
No knowledge of the field	1 (33,3%)	9 (3,09%)
No reimbursement	-	6 (2,06%)
It feeds the tumour	-	1 (0,34%)
Other	1 (33,3%)	11 (3,78%)
<b>Nutritional therapy used for cancer patients</b>		
Nutrition according to nutrition plan	3 (100%)	206 (70,8%)
Calculation of energy needs	-	201 (69,1%)
Monitoring patients intake and use of oral supplements	3 (100%)	245 (84,2%)
None	-	5 (1,72%)
Other	-	15 (5,15%)
Missing	-	8 (2,75%)
<b>Nutritional therapy is not used due to</b>		
Lack of evidence	1 (33,3%)	2 (0,69%)
Lack of experience	-	6 (2,06%)
No reimbursement	-	5 (1,72%)
Lack of dietitians	2 (66,7%)	6 (2,06%)
Lack of other experts	1 (33,3%)	1 (0,34%)
Other	1 (33,3%)	9 (3,09%)
Missing	-	2 (0,69%)
<b>Assessment of parameters in cancer patients &amp; methods used:</b>		

**Anthropometry/Body composition:****Body weight**

Regularly	2 (66,7%)	199 (68,4%)
At chemotherapy	-	47 (16,2%)
When necessary	1 (33,3%)	35 (12,0%)
Never	-	5 (1,72%)
Unknown	-	2 (0,69%)
Missing	-	3 (1,03%)

**Anthropometrics (circumference)**

Regularly	-	42 (14,4%)
At chemotherapy	-	6 (2,06%)
When necessary	-	98 (33,7%)
Never	2 (66,7%)	122 (41,9%)
Unknown	1 (33,3%)	12 (4,12%)
Missing	-	11 (3,78%)

**BIA**

Regularly	-	10 (3,44%)
At chemotherapy	-	3 (1,03%)
When necessary	-	90 (30,9%)
Never	2 (66,7%)	165 (56,7%)
Unknown	1 (33,3%)	12 (4,12%)
Missing	-	11 (3,78%)

**CT SCAN**

Regularly	-	9 (3,09%)
At chemotherapy	-	3 (1,03%)
When necessary	1 (33,3%)	67 (23,0%)
Never	2 (66,7%)	176 (60,5%)
Unknown	-	24 (8,25%)
Missing	-	12 (4,12%)

**DEXA**

Regularly	-	5 (1,72%)
At chemotherapy	-	1 (0,34%)
When necessary	1 (33,3%)	47 (16,2%)
Never	1 (33,3%)	197 (67,7%)
Unknown	1 (33,3%)	28 (9,62%)
Missing	-	13 (4,47%)

**Other (body composition)**

Regularly	-	8 (2,75%)
At chemotherapy	-	2 (0,69%)

When necessary	-	42 (14,4%)
Never	1 (33,3%)	104 (35,7%)
Unknown	-	38 (13,1%)
Missing	2 (66,7%)	97 (33,3%)

### Body function:

#### Handgrip

Regularly	-	16 (5,50%)
At chemotherapy	-	8 (2,75%)
When necessary	-	90 (30,9%)
Never	3 (100%)	153 (52,6%)
Unknown	-	14 (4,81%)
Missing	-	10 (3,44%)

#### 6-minutes walking test

Regularly	-	10 (3,44%)
At chemotherapy	-	7 (2,41%)
When necessary	-	68 (23,4%)
Never	3 (100%)	170 (58,4%)
Unknown	-	20 (6,87%)
Missing	-	16 (5,50%)

#### Other (body function)

Regularly	-	14 (4,81%)
At chemotherapy	-	1 (0,34%)
When necessary	1 (33,3%)	55 (18,9%)
Never	-	108 (37,1%)
Unknown	-	33 (11,3%)
Missing	2 (66,7%)	80 (27,5%)

#### Nutritional requirements, calculated

Regularly	-	87 (29,9%)
At chemotherapy	-	4 (1,37%)
When necessary	2 (66,7%)	135 (46,4%)
Never	-	20 (6,87%)
Unknown	-	6 (2,06%)
Missing	1 (33,3%)	39 (13,4%)

#### Nutritional intake:

##### Every meal

Regularly	-	78 (26,8%)
At chemotherapy	-	3 (1,03%)
When necessary	2 (66,7%)	124 (42,6%)
Never	-	31 (10,7%)

Unknown	-	15 (5,15%)
Missing	1 (33,3%)	40 (13,7%)
<b>1 meal per day</b>		
Regularly	-	33 (11,3%)
At chemotherapy	-	4 (1,37%)
When necessary	1 (33,3%)	90 (30,9%)
Never	1 (33,3%)	59 (20,3%)
Unknown	-	20 (6,87%)
Missing	1 (33,3%)	85 (29,2%)
<b>2 meals per day</b>		
Regularly	-	32 (11,0%)
At chemotherapy	-	3 (1,03%)
When necessary	1 (33,3%)	89 (30,6%)
Never	1 (33,3%)	60 (20,6%)
Unknown	-	20 (6,87%)
Missing	1 (33,3%)	87 (29,9%)
<b>24h recall</b>		
Regularly	1 (33,3%)	63 (21,6%)
At chemotherapy	-	8 (2,75%)
When necessary	2 (66,7%)	117 (40,2%)
Never	-	39 (13,4%)
Unknown	-	14 (4,81%)
Missing	-	50 (17,2%)
<b>Other (nutritional intake)</b>		
Regularly	-	14 (4,81%)
At chemotherapy	-	1 (0,34%)
When necessary	-	62 (21,3%)
Never	1 (33,3%)	46 (15,8%)
Unknown	1 (33,3%)	35 (12,0%)
Missing	1 (33,3%)	133 (45,7%)
<b>Questionnaire completed by</b>		
Dietitian	-	128 (44,0%)
Nurse	2 (66,7%)	69 (23,7%)
Physician	-	56 (19,2%)
Nutritional scientist	-	30 (10,3%)
Other	1 (33,3%)	2 (0,69%)
Missing	-	6 (2,06%)

## V. Oncology: Cancer patients - Diagnosis & therapy ("Sheet 2 onco")

	YOUR RESULTS	REFERENCE RESULTS
Number of patients completing Sheet 2_onco:	40	2862
<b>Demographic data:</b>		
Age (years)	70 [42-88]	64 [18-120]
Female gender	15 (37,5%)	1301 (45,5%)
Weight (kg)	78,7 ± 18,4	67,0 ± 16,8
Height (cm)	171,9 ± 10,6	165,5 ± 9,8
BMI (kg/m <sup>2</sup> )	26,7 ± 5,7	24,3 ± 5,0
<b>Outpatient (o)/Ward (w)</b>		
Outpatient(o)	-	118 (4,12%)
Ward (w)	40 (100%)	2736 (95,6%)
Missing	-	8 (0,28%)
<b>Goal of Therapy</b>		
Curative	39 (97,5%)	1803 (63,0%)
Palliative	1 (2,50%)	895 (31,3%)
Terminal	-	96 (3,35%)
Missing	-	68 (2,38%)
<b>Reason for admission</b>		
Clinical diagnostics	-	368 (12,9%)
Therapy	32 (80,0%)	1326 (46,3%)
Surgery related	7 (17,5%)	515 (18,0%)
Treatment complications	1 (2,50%)	409 (14,3%)
Poor health status	-	386 (13,5%)
Independent care difficult	-	25 (0,87%)
Missing	-	2 (0,07%)
<b>Present cancer diagnosis</b>		
Breast	1 (2,50%)	223 (7,79%)
Colon, rectum	7 (17,5%)	395 (13,8%)
Prostate	4 (10,0%)	107 (3,74%)
Lung	7 (17,5%)	306 (10,7%)
Skin	1 (2,50%)	25 (0,87%)
Kidney/bladder	1 (2,50%)	126 (4,40%)
Gastric/oesophageal	2 (5,00%)	291 (10,2%)
Pancreas	1 (2,50%)	133 (4,65%)
Lymphoma	1 (2,50%)	232 (8,11%)
Ears nose throat (ENT)	9 (22,5%)	114 (3,98%)
Leukaemia	1 (2,50%)	241 (8,42%)



Genital tract	3 (7,50%)	115 (4,02%)
Liver	-	194 (6,78%)
Sarcoma	-	47 (1,64%)
Brain	2 (5,00%)	47 (1,64%)
Testicular	-	19 (0,66%)
Other	-	332 (11,6%)
Missing	-	42 (1,47%)

### Time since diagnosis

0-2 months	14 (35,0%)	823 (28,8%)
3-5 months	15 (37,5%)	486 (17,0%)
6-12 months	4 (10,0%)	494 (17,3%)
1-2 years	3 (7,50%)	371 (13,0%)
2-4 years	2 (5,00%)	272 (9,50%)
> 4 years	1 (2,50%)	297 (10,4%)
Missing	1 (2,50%)	69 (2,41%)

### Cancer staging

0=Carcinoma in situ	-	141 (4,93%)
I=Localized	4 (10,0%)	540 (18,9%)
II=Early locally advanced	8 (20,0%)	482 (16,8%)
III=Late locally advanced	21 (52,5%)	436 (15,2%)
IV=Metastasised	5 (12,5%)	871 (30,4%)
Missing	2 (5,00%)	392 (13,7%)

### Time since first therapy start

No therapy	4 (10,0%)	237 (8,28%)
Tumour staging/diagnosis	-	311 (10,9%)
0-2 months	21 (52,5%)	814 (28,4%)
3-5 months	10 (25,0%)	381 (13,3%)
6-12 months	3 (7,50%)	422 (14,7%)
1-2 years	2 (5,00%)	298 (10,4%)
2-4 years	3 (7,50%)	223 (7,79%)
> 4 years	-	228 (7,97%)
Missing	-	60 (2,10%)

### Therapy situation

Diagnosis	-	309 (10,8%)
Chemotherapy 1st line	5 (12,5%)	622 (21,7%)
Chemotherapy > 1st line	1 (2,50%)	518 (18,1%)
Radiotherapy	30 (75,0%)	271 (9,47%)
Target therapy	-	74 (2,59%)
Hormone therapy	-	31 (1,08%)
Palliative	-	242 (8,46%)

Surgery	7 (17,5%)	632 (22,1%)
Cancer related complications	-	285 (9,96%)
Therapy related complications	2 (5,00%)	119 (4,16%)
Missing	-	64 (2,24%)

### Infections

None	37 (92,5%)	2103 (73,5%)
Local	2 (5,00%)	430 (15,0%)
General	-	241 (8,42%)
Missing	1 (2,50%)	88 (3,07%)

### Nutrition Treatment

No special diet	13 (32,5%)	1203 (42,0%)
Individualized diet plan	3 (7,50%)	798 (27,9%)
Energy rich/protein rich ONS	3 (7,50%)	577 (20,2%)
Enteral nutrition (via NGT/PEG)	4 (10,0%)	143 (5,00%)
Parenteral nutrition	-	213 (7,44%)
ONS enriched with special nutrients	1 (2,50%)	103 (3,60%)
Special nutrients (EPA, branched chained amino acids, glutamine, arginine, carnitine)	-	39 (1,36%)
Personal preferences	-	324 (11,3%)
Counselling	-	214 (7,48%)
Other	22 (55,0%)	117 (4,09%)
Missing	-	1 (0,03%)

## V. Oncology: Cancer patients - Appetite, food intake & quality of life ("Sheet 3 onco")

	YOUR RESULTS	REFERENCE RESULTS
Number of patients completing Sheet 3_onco:	40	2832
Body weight prior to becoming ill	82 [52-122]	70 [17-196]
Actual body weight	75 [50-120]	65 [11-196]
<b>Change in weight was</b>		
Intentional	2 (5,00%)	129 (4,51%)
Unintentional	25 (62,5%)	1854 (64,8%)
Weight is stable	7 (17,5%)	476 (16,6%)
Missing	3 (7,50%)	89 (3,11%)
<b>During the last week</b>		
<b>Patients who have had pain:</b>		
Not at all	18 (45,0%)	962 (33,6%)
A little	16 (40,0%)	867 (30,3%)
Quite a bit	5 (12,5%)	476 (16,6%)
Very much	1 (2,50%)	340 (11,9%)
Missing	-	196 (6,85%)
<b>Patients who needed a rest:</b>		
Not at all	12 (30,0%)	590 (20,6%)
A little	15 (37,5%)	881 (30,8%)
Quite a bit	11 (27,5%)	679 (23,7%)
Very much	2 (5,00%)	480 (16,8%)
Missing	-	204 (7,13%)
<b>Patients who felt weak:</b>		
Not at all	18 (45,0%)	600 (21,0%)
A little	16 (40,0%)	891 (31,1%)
Quite a bit	2 (5,00%)	682 (23,8%)
Very much	3 (7,50%)	472 (16,5%)
Missing	1 (2,50%)	197 (6,88%)
<b>Patients who felt depressed:</b>		
Not at all	17 (42,5%)	1073 (37,5%)
A little	20 (50,0%)	858 (30,0%)
Quite a bit	3 (7,50%)	429 (15,0%)
Very much	-	251 (8,77%)
Missing	-	209 (7,30%)

**Patients who were tired:**

Not at all	12 (30,0%)	621 (21,7%)
A little	22 (55,0%)	927 (32,4%)
Quite a bit	5 (12,5%)	643 (22,5%)
Very much	1 (2,50%)	444 (15,5%)
Missing	-	200 (6,99%)

**Patients whose pain interfered with their daily activities:**

Not at all	27 (67,5%)	1081 (37,8%)
A little	8 (20,0%)	684 (23,9%)
Quite a bit	4 (10,0%)	480 (16,8%)
Very much	1 (2,50%)	365 (12,8%)
Missing	-	215 (7,51%)

**Patients who lacked appetite:**

Not at all	16 (40,0%)	980 (34,2%)
A little	14 (35,0%)	721 (25,2%)
Quite a bit	6 (15,0%)	507 (17,7%)
Very much	3 (7,50%)	418 (14,6%)
Missing	1 (2,50%)	206 (7,20%)

**Just now****Patients who have pain:**

Not at all	20 (50,0%)	1172 (41,0%)
A little	14 (35,0%)	967 (33,8%)
Quite a bit	2 (5,00%)	355 (12,4%)
Very much	1 (2,50%)	138 (4,82%)
Missing	3 (7,50%)	205 (7,16%)

**Patients who need a rest:**

Not at all	17 (42,5%)	616 (21,5%)
A little	14 (35,0%)	1030 (36,0%)
Quite a bit	3 (7,50%)	635 (22,2%)
Very much	3 (7,50%)	332 (11,6%)
Missing	3 (7,50%)	219 (7,65%)

**Patients who feel weak:**

Not at all	15 (37,5%)	724 (25,3%)
A little	19 (47,5%)	964 (33,7%)
Quite a bit	3 (7,50%)	606 (21,2%)
Very much	2 (5,00%)	321 (11,2%)
Missing	1 (2,50%)	217 (7,58%)

**Patients who are depressed:**

Not at all	21 (52,5%)	1215 (42,5%)
A little	12 (30,0%)	857 (29,9%)
Quite a bit	3 (7,50%)	350 (12,2%)
Very much	2 (5,00%)	179 (6,25%)
Missing	2 (5,00%)	221 (7,72%)

#### Patients who are tired:

Not at all	18 (45,0%)	745 (26,0%)
A little	13 (32,5%)	1024 (35,8%)
Quite a bit	5 (12,5%)	536 (18,7%)
Very much	2 (5,00%)	299 (10,4%)
Missing	2 (5,00%)	223 (7,79%)

#### Patients whose pain interferes with their daily activities:

Not at all	26 (65,0%)	1157 (40,4%)
A little	8 (20,0%)	748 (26,1%)
Quite a bit	3 (7,50%)	409 (14,3%)
Very much	2 (5,00%)	273 (9,54%)
Missing	1 (2,50%)	239 (8,35%)

#### Patients who lack appetite:

Not at all	13 (32,5%)	1071 (37,4%)
A little	20 (50,0%)	757 (26,5%)
Quite a bit	4 (10,0%)	459 (16,0%)
Very much	2 (5,00%)	303 (10,6%)
Missing	1 (2,50%)	233 (8,14%)

#### Reasons for change in appetite/food intake

Nausea/Vomiting	9 (22,5%)	552 (19,3%)
Inflammation in mouth	2 (5,00%)	129 (4,51%)
Pain	2 (5,00%)	406 (14,2%)
Constipation	5 (12,5%)	248 (8,67%)
Diarrhea	2 (5,00%)	178 (6,22%)
Change in taste/smell	4 (10,0%)	415 (14,5%)
Early satiation/Loss of appetite	5 (12,5%)	663 (23,2%)
Other	9 (22,5%)	441 (15,4%)
Missing	4 (10,0%)	97 (3,39%)

#### Maximum activity performed by patients

Able to do sports	-	121 (4,23%)
Fully active	9 (22,5%)	370 (12,9%)
Able to carry out light activities	7 (17,5%)	646 (22,6%)
Able to carry out self care	14 (35,0%)	732 (25,6%)
Able to carry out limited self care	10 (25,0%)	403 (14,1%)

Confined to bed or chair	-	372 (13,0%)
Missing	-	207 (7,23%)

#### **Patient takes additional (without prescription)**

Nothing	23 (57,5%)	1841 (64,3%)
Herbal tea	4 (10,0%)	259 (9,05%)
Nutritional supplements	4 (10,0%)	274 (9,57%)
Multivitamin	5 (12,5%)	134 (4,68%)
Other medication	4 (10,0%)	98 (3,42%)
Other	3 (7,50%)	131 (4,58%)
Missing	-	235 (8,21%)

#### **Additional activities performed**

Nothing	29 (72,5%)	2056 (71,8%)
Psychotherapy	-	65 (2,27%)
Yoga	-	38 (1,33%)
Meditation	1 (2,50%)	112 (3,91%)
Progressive muscle relaxation	-	46 (1,61%)
Qigong	-	8 (0,28%)
Other	10 (25,0%)	318 (11,1%)
Missing	-	270 (9,43%)

<b>Patients having difficulties in complying with treatment</b>	5 (12,5%)	632 (22,1%)
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<b>Patients needing help to complete questionnaire</b>	16 (40,0%)	1569 (54,8%)
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<b>Patients believing that including nutrition in their therapeutic approach could provide relevant benefit to them:</b>	12 (30,0%)	1913 (66,8%)
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**1. Are you COVID-19 positive TODAY?**

Yes	1 (0.77%)	-
No	120 (92.3%)	-
I do not know	6 (4.6%)	-
Missing	3 (2.3%)	-

**2. Have you been tested COVID-19 positive in the last:**

0-3 months	53 (40.8%)	-
3-6 months	3 (2.3%)	-
6-12 months	3 (2.3%)	-
>1 year	-	-
never	50 (38.5%)	-
I do not know	11 (8.5%)	-
Missing	10 (7.7%)	-

**3. Have you been hospitalized during your COVID-19 infection?**

Yes	6 (4.6%)	-
No	94 (72.3%)	-
I do not know	9 (6.9%)	-
Missing	21 (16.2%)	-